

**LACDMH RETURNS WITH FREE YOUR MIND PROJECTS RADIO SHOW
ON JANUARY 26**

By Karen Zarsadiaz-Ige, Public Information Officer II



It's a new station – and a new day and time!

Starting Saturday, January 26, 2013, the Los Angeles County Department of Mental Health (LACDMH) will be back on the air with the weekly “Free Your Mind Projects Radio Show” on Los Angeles-based CBS radio station KFWB-AM (980AM) from 7:00-8:00 P.M. The Los Angeles County Department of Mental Health is a proud sponsor of this unique radio show.

Whether you're in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. Each week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting during the local Los Angeles segment featuring news and topics related to LACDMH. She will also be joined by various guests, including subject matter experts or persons with lived experience. So, you won't want to miss it!



Broadcasting every Saturday evening, the weekly “Free Your Mind Projects Radio Show” provides information about various mental health topics and related issues of the day. If you miss the broadcast, you can catch the podcast on the Free Your Mind Projects website, www.freeyourmindprojects.com.

The “Free Your Mind Projects Radio Show” is always interested in possible guests and subjects to cover. If you know of any persons in recovery or subject matter experts who would be good candidates for an on-air interview in a future show, please contact the LACDMH Public Information Office at pio@dmh.lacounty.gov.